

## WHAT IS CLAIMED IS:

1. A physical training machine operation system comprising:

a physical training machine; and

a server connected to said physical training machine via a network and holding a plurality of different kinds of exercise programs to be used in said physical training machine,

wherein said server selects a specific exercise program from said different kinds of exercise programs in response to a request of a user, so that the selected exercise program is supplied to said physical training machine.

2. The physical training machine operation system according to claim 1, further comprising a registration device that registers a personal information datum of a user,

wherein said server selects a specific exercise program from said different kinds of exercise programs in accordance with the personal information datum registered by said registration device.

3. The physical training machine operation system according to claim 2, further comprising an input device that inputs an identification information datum of a user,

wherein said server extracts a specific personal information datum of a user from personal information data registered by said registration device with reference to the identification information datum the user inputted by said input device, and selects a specific exercise program from said different kinds of exercise programs in accordance with the extracted personal information datum of the user.

4. The physical training machine operation system according to claim 3, further comprising an identification information carrier that carries an identification information datum of a user,

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wherein said input device reads out an identification information datum of a user from the identification information carrier.

5. The physical training machine operation system according to claim 4, wherein said identification information carrier holds an accounting charge information datum together with an identification information datum of a user.

6. The physical training machine operation system according to claim 2, wherein a personal information datum registered by said registration device is managed on said server.

7. The physical training machine operation system according to claim 2, wherein a result of use of said physical training machine by a user is managed on said server as a personal information datum of the user.

8. The physical training machine operation system according to claim 1, wherein said server is connected to said physical training machine via Internet.

9. The physical training machine operation system according to claim 6, wherein said server is connected to said physical training machine via Internet.

10. The physical training machine operation system according to claim 7, wherein said server is connected to said physical training machine via Internet.

11. A physical training machine operation method comprising the steps of:

selecting a specific exercise program from a plurality of different kinds of exercise programs stored in a server in response to a request of a user that uses a physical training machine; and

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supplying the selected exercise program from said server to said physical training machine via a network.

12. The physical training machine operation method according to claim 11, further comprising the step of registering a personal information datum of a user,

wherein, in said step of selection, said specific exercise program is selected from said different kinds of exercise programs in accordance with the registered personal information datum of the user.

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